

CONJUGATE

OLYMPIC WEIGHTLIFTING

PROGRAM



RAW BARBELL CLUB

BY ANDREW RAJEEVAN

RAW BARBELL CLUB

CONJUGATE PROGRAM

**FOR OLYMPIC
WEIGHTLIFTING**

**Get Stronger, Faster
and Ready to Lift big Weights**

BY ANDREW RAJEEVAN

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ABOUT: RAW BARBELL CLUB

RAW Barbell is an Olympic Weightlifting Club and Strength & Conditioning facility based in the Hawkesbury region of NSW, Australia. What started of as a humble gym has exploded. We have so many awesome athletes from so many different places with different backgrounds and different ability levels. We are the misfits of the strength scene and we are here to stay.

Over the last few years we have risen in popularity due to the success of our athletes, both in competition and in the gym. From lifting big weights to helping someone rehabilitate after back surgery we are movement experts. But more than that we are a family that want to get strong together.

Want to learn more about RAW Barbell Club?

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If you're thinking about using this program, please be smart. Don't participate in strenuous exercise unless cleared by a competent medical professional. Heavy weights can be dangerous, so only perform these exercises if you can do so safely. If you follow any of these programs or perform any of these exercises, you do so at your own risk.



Why Conjugate?

For some reason I have been obsessed with Louie Simmons and his Conjugate method ever since I first found out about him many years back. Seeing him and his crew absolutely kill it in the gym was so impressive I just kept watching every video I could find, then bought all the books and docos and went from there. I understand that Louie may not know the intricacies of the sport of weightlifting but he does have some sound principals behind strength training, things that I've employed to make our athletes at RAW Barbell Club stronger, more resilient and faster than ever.

This program is something that the team has actually followed in the past. We used it in our off-season to get strong and get strong we did! It's a great base program for CrossFitters who are building strength and far away from fitness competitions.

The Program

Before I explain the program there are some important terms and concepts I need you to understand. Reading this part will help you better understand the program when to push the weights a lot and when to take it easy.

Speed Work

Some elements within the program will be designated speed work. Within the capabilities of your technique you need to try move the bar as fast as you can. There is an ideal bar speed of 0.8m/s. My goal however is the intention of speed.

Band & Chains

Accommodating resistance means using bands and chains to change the bar weight throughout a specific movement. We can use this to slow the bar at points that are easy and make the bar heavier where we would normally have no issues with weight. Bands also allow you to lift lighter weights faster without a great breakdown in technique

Percentage Guides

If you look at the program you'll notice that some weeks we ask you to hit specific percentages of your current 1RM and other weeks we have put them in as a guide so you know where in the range you should aim for. On days when RM (rep maxes) are set feel free to go over or under the percentages these are there as a guide only

Rep Maxes or RM

A rep max is the maximum amount of weight you can lift for the determined rep scheme. For example a 1RM squat would be the maximum amount of weight you can lift for 1 rep, where a 5RM squat would be the maximum amount of weight you can lift for 5 reps.

CONJUGATE PROGRAM RAW BARBELL CLUB

WEEK 0 : TRANSITION WEEK

Week 0 is a transition week for you, some of the movement may be familiar or you may be coming off another training cycle. Either way I'd advise you start on week 0. That being said if you've been training well, and are ready for the program you may start in week 1.

Monday – Lower Body Speed Day

Pre-Training - 2 Rounds:

5 Pistols onto box

5 Single Leg RDL's

Speed Work - 6 Minute EMOM - Front Squat (70%x3)x6

Technique Work

Snatch (80%x1)x4

Clean & Jerk (75%x1)x4

Clean Pull 3RM

Extra Gainz (If you have time)

Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads & calves for 2 sets of 25 Reps

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

20 Plank 2 Press

10 Hollow Rocks

Speed Work - 6 Minute EMOM - Bench Press (70%x2)x6

Technique Work

Power Clean (85%x1)x3

Snatch Pull 2RM

Gainz

Barbell Row 5RM

Find a 1RM Weighted Pull Up

Wednesday – Lower Body Max effort

Pre-Training - Find a Max Height Box Jump

Strength - 1RM Wide Stance Box Squat (w/ GOOD tech) *Vertical Shins, Tall Spine, Minimal Lean

Technique Work

Muscle Snatch 1RM

Clean & Jerk (80%x1)x3

Gainz

Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads, calves & lower back for 2 sets of 25 Reps (think things like GHR's, Reverse Hypers, Back Ext. etc.)

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

10 Ball Slams

10 Push Ups

Technique Work - Snatch up to 70% for some Technique Work

Strength Work - Floor Press 1RM

Friday – Max Out Friday

Technique Work

Max Hang Snatch

Max Clean

Saturday - Heavy Day

Technique Work - 1RM Jerk from Racks

Strength Work - Back Squat 20RM

WEEK 1

Monday – Lower Body Speed Day

Pre-Training - 2 Rounds:

10 Left Leg Unilateral RDL's

7 Banded Pull Throughs (squeeze butt at top)

10 Right Leg Unilateral RDL's

7 Banded Pull Throughs (squeeze butt at top)

Tech Work - Snatch (70%x3)x6

Speed Work

8 Minute EMOM - Wide Stance Box Squat (75%x2)x8 - *Slow Down Fast Up*

*if using bands take 25% off your percentage ie. (50%x2)x8

8 Minute EMOM - Deadlift (75%x2)x8 - *Slow Down Fast Up*

*if using bands take 25% off your percentage

Core Work

Wind Screen Wipers 2x10 *If hard Scale to L-Sit Overs (hands on small blocks over a KB)

Explosive Leg Raises 3x20 *If hard Scale to explosive Knee Raises

Extra Gainz (If you have time)

Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads & calves for 2 sets of 25 Reps



Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 30 Second Ring Dip Hold (If Easy Pike)
- 20 Banded External Rotation Face Pulls

Technique Work - Clean (70%x3)x6

Speed Work

6 Minute EMOM - Bench Press (75%x3)x6 (Slow Down Fast Up) -25% Bands

*if using bands take 25% off your percentage

8 minute EMOM - BTN Push Press (70%x2)x8

Lifting Cardio:

10 Minute AMRAP

- 10 Barbell Row @85% of Body Weight
- 10 Ring Dips (To Support) or DB Bench Press
- 10 Pull Ups (5 Strict, 5 Kipping)
 - *Scale to Box Dip if <10 Ring Dips
 - *Scale to Elevated Ring Row if <10 Strict Pull Ups

Wednesday – Lower Body Max effort

Pre-Training - 4 Rounds

- 2 Seated Box Jump onto High Box or Blocks
- 10 Barbell Hip Thrusts (Add Weight Each Round)

Technique Work

Muscle Snatch w/ Hip Contact 5RM

Then Snatch From High Blocks 3RM

Strength Work - Front Squat 5RM (Slow Down with 2 second Pause) on first rep

GPP - 3 Rounds:

- 4 Laps Walking Lunge (15m)
- 2 Laps Heavy Prowler Push (15m) at 80/100kg

Extra Gainz

Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads, calves & lower back for 2 sets of 25 Reps (think things like GHR's, Reverse Hypers, Back Ext. etc.)



Thursday – Upper Body Max Effort

Pre-Training

7 Evil Wheels	3 Wide Grip Push Ups	2 Evil Wheels
3 Push Ups	4 Evil Wheels	3 Plyo Wide Grip Push Ups
6 Evil Wheels	3 Plyo Push Ups	1 Evil Wheel
3 Tricep Push Ups	3 Evil Wheels	
5 Evil Wheels	3 Plyo Tricep Push Ups	

Technique work

Jerk (3 Second Dip 1RM) Pause in catch 2 seconds

Power Clean from High Blocks 3RM

Strength work - Close Grip Bench Press 5RM

GAINZ 1 - 2 Rounds:

8 Barbell Skull Crushers

5 DB Hammer Curls

GAINZ 2 - 2 Rounds:

8 Left Arm DB Tricep Ext.

10 Axle Bar Curls

8 Right Arm DB Tricep Ext.

10 DB Bat Wing Rows

Friday – Maxout

Pre-Training - Slam Ball Shot Put 10 Sets of 3

Technique Work

Snatch Pull + Snatch + Snatch Balance

Clean + 2 Front Squats + Jerk

Saturday – Lower Body Repetition

Technique Work - 3 Snatch Panda Pull + Hang Snatch up to 70%

Strength Work

Front Squat 3x5 at 90% of Wednesday's Effort (or 77% of 1RM if no Wed)

5RM Heavy Banded Hex Bar Deadlift (Low Handles + 20kg Deficit)

Extras - 3 Attempts for a Fast Time

15m Hex Bar Farmers Carry 120/80kg

15m Zercher Walk 70/50kg

Straight into 20 Strict Press @60/30kg



WEEK 2

Monday – Lower Body Speed Day

Pre-Training - 2 Rounds:

- 10 Left Leg Unilateral RDL's
- 7 Banded Pull Throughs (squeeze butt at top)
- 10 Right Leg Unilateral RDL's
- 7 Banded Pull Throughs (squeeze butt at top)

Technique Work

Snatch (75%x3)x6

Snatch Pull 3x3 95% Slow Eccentric

Speed Work

9 Minute EMOM - Wide Stance Box Squat (80%x2)x9 (Slow Down Fast Up) -25% Bands

6 Minute EMOM - Deadlift (80%x2)x6 (Slow Down Fast Up) -25% Bands

Core

Dragon Flags against Rig x10

Explosive Leg Raises 3x20 (weighted or banded)

Extra Gainz (If you have time)

Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads & calves for 2 sets of 25 Reps

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 30 Second Ring Dip Hold (If Easy Pike)
- 20 Banded External Rotation Face Pulls

Technique Work - Clean (75%x3)x6

Speed Work - 6 Minute EMOM's

Bench Press (80%x3)x6 (Slow Down Fast Up) -25% Bands

BTN Push Press (75%x2)x6

Fitness

If You Have Muscle ups:

10 Minute AMRAP

- 7 Barbell Row @90% of Body Weight
- 5 Muscle ups

OR

If No Muscle Ups:

10 Minute AMRAP

- 8 Barbell Row @90% of Body Weight
- 8 Ring Dips (To Support)
- 8 Pull Ups (4 Strict, 4 Kipping)

*Scale to Box Dip if <10 Ring Dips

*Scale to Elevated Ring Row if <10 Strict Pull Ups

Wednesday – Lower Body Max effort

Pre-Training - 4 Rounds

- 2 Seated Box Jump onto High Box or Blocks
- 10 Barbell Hip Thrusts (Add Weight Each Round)

Technique Work

Muscle Snatch w/ Hip Contact 5RM

Snatch From High Blocks 3RM

Strength - Front Squat 5RM (Slow Down with 2 second Pause on first rep)

GPP - 3 Rounds:

- 10 Left Side KB Bulgarian Split Squat
- 4 Backwards Sled Pull (15m) at 60/80kg
- 10 Right Side KB Bulgarian Split Squat

Lower Body Extras - Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads, calves & lower back for 2 sets of 25 Reps (think things like GHR's, Reverse Hypers, Back Ext. etc.)

Thursday – Upper Body Max Effort

Pre-Training

- | | | |
|-------------------|------------------------|---------------------------|
| 7 Evil Wheels | 3 Wide Grip Push Ups | 2 Evil Wheels |
| 3 Push Ups | 4 Evil Wheels | 3 Plyo Wide Grip Push Ups |
| 6 Evil Wheels | 3 Plyo Push Ups | 1 Evil Wheel |
| 3 Tricep Push Ups | 3 Evil Wheels | |
| 5 Evil Wheels | 3 Plyo Tricep Push Ups | |

Technique Work

Jerk (2 Second Dip 1RM) Pause in catch 2 seconds

Power Clean from High Blocks 3RM

Strength Work - Close Grip Bench Press 5RM then 90%x5

GAINZ 1 - 2 Rounds:

- 8 Standing Skull Crushers
- 20 Banded Curls

GAINZ 2 - 2 Rounds:

- 10 Left Side DB Row
- 8 Laying DB Skull Crushers
- 10 Right Side DB Row
- 8 Tricep Push Ups

Finisher - 3 Attempts Sled Rope Pull As Fast as Possible 50/70kg

Friday – Max Out

Technique

Snatch Pull + Snatch + Snatch Balance

Clean + 1 Front Squat + Jerk

Saturday – Lower Body Repetition

Pre-Training - Broad Jump for Distance

Strength Work

Front Squat 4x5 at 90% of Wednesday's Effort (or 77% if no Wed)

3RM Heavy Banded Hex Bar Deadlift

GPP

1 Attempt at 10 Ball Over Shoulder for time

Choose Heaviest Ball You can Lift

Then

1 Attempt at 5-10kg lighter

OH Axle 15m Walk for Weight

WEEK 3

Monday – Lower Body Speed Day

Pre-Training - 2 Rounds:

10 Left Leg Unilateral RDL's

7 Banded Pull Throughs (squeeze butt at top)

10 Right Leg Unilateral RDL's

7 Banded Pull Throughs (squeeze butt at top)

Technique Work

Snatch (80%x3)x6

Snatch Pull 3x3 100%

Speed Work - 6 Minute EMOM's

Wide Stance Box Squat (85%x2)x6 (Slow Down Fast Up) -25% Bands

Deadlift (85%x2)x6 (Slow Down Fast Up) -25% Bands

Core

L-Sit Pull Ups 3 x Max Reps

Explosive Leg Raises 3x20 (weighted or banded)

Extra Gainz (If you have time)

Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads & calves for 2 sets of 25 Reps



Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 30 Second Ring Dip Hold (If Easy Pike)
- 20 Banded External Rotation Face Pulls

Technique Work - Clean (80%x3)x6

Speed Work - 6 Minute EMOM's

Bench Press (85%x3)x6 (Slow Down Fast Up) -25% Bands

BTN Push Press (80%x2)x6

GPP

If You Have Bar Muscle ups:

- 10 Minute AMRAP
- 5 Barbell Row @Body Weight
- 3 Bar Muscle ups

If No Bar Muscle Ups:

- 10 Minute AMRAP
- 5 Barbell Row @Body Weight
- 5 Ring Dips (To Support)
- 5 Pull Ups (5 Kipping)

*Scale to Box Dip if <10 Ring Dips

*Scale to Elevated Ring Row if <10 Strict Pull Ups

Wednesday – Lower Body Max effort

Pre-Training - 4 Rounds

- 2 Seated Box Jump onto High Box or Blocks
- 10 Barbell Hip Thrusts (Add Weight Each Round)

Technique

Muscle Snatch w/ Hip Contact 3RM

Snatch From High Blocks 2RM

Strength Training - Front Squat 3RM (Slow Down with 2 second Pause)

Gainz - 3 Rounds:

- 10 Left Side KB Bulgarian Split Squat
- 4 Backwards Sled Pull (15m) at 60/80kg
- 10 Right Side KB Bulgarian Split Squat

Lower Body Extras - Pick two exercises for 2 specific lower limb body parts, think glutes, hammies, quads, calves & lower back for 2 sets of 25 Reps (think things like GHR's, Reverse Hypers, Back Ext. etc.)

Thursday – Upper Body Max Effort

Pre-Training

7 Evil Wheels

3 Push Ups

6 Evil Wheels

3 Tricep Push Ups

5 Evil Wheels

3 Wide Grip Push Ups

4 Evil Wheels

3 Plyo Push Ups

3 Evil Wheels

3 Plyo Tricep Push Ups

2 Evil Wheels

3 Plyo Wide Grip Push Ups

1 Evil Wheel

Technique Work

Jerk (1 Second Slow Dip 1RM) Pause in catch 2 seconds

Power Clean from High Blocks 2RM

Strength Work - Close Grip Bench Press 3RM then (90%x3)x2

GAINZ 1 - 2 Rounds:

20 Banded Tricep Ext.

10 Log Bicep Curls

GAINZ 2 - 2 Rounds:

10 Standing Close Grip Barbell Tricep Ext.

10 KB Upright Rows

Friday – Strongman Friday

Pre-Training - Seated Box Jump for Height

Strength Work

Work Up to Last Weeks 3RM Banded Hex Bar Deadlift in Doubles

Drop Bands and Find a 1RM Hex Bar Deadlift

GPP

Ball Race

Girls 35, 45, 55, 65kg

Boys 45, 55, 65, 75Kg

*Scale as needed

Saturday – Max Out

Technique Work

Snatch + Snatch Balance

Clean & Jerk 1RM

Strength Work - Front Squat 5x3 at 90% of Wednesday's Effort



WEEK 4

Monday – Lower Body Speed Day

Pre-Training - 2 Rounds:

- 5 Left Leg Unilateral RDL's
- 10 Banded Pull Throughs (squeeze butt at top)
- 5 Right Leg Unilateral RDL's
- 10 Banded Pull Throughs (squeeze butt at top)

Speed Work - 8 Minute EMOM's

Wide Stance Box Squat (70%x2)x8 (No Bands)

Deadlift (70%x2)x8 (No Bands)

Technique

Snatch Pull + Snatch + Snatch Balance up to 65%

Snatch (65%x3)x6

Snatch Pull 3x3 80%

Core – Max L-Sit (Record)

Extras

Leg Accessory – Avoid Upper Body and Low Back Work

Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 30 Second Ring Dip Hold (If Easy Pike)
- 20 Banded External Rotation Face Pulls

Speed Work - 6 Minute EMOM's

Bench Press (70%x3)x6 No bands

BTN Push Press (65%x2)x6

Technique - Clean (65%x3)x6

Strength - Barbell Row 5RM

GPP

Muscle Up Technique Work

If No Pull-Ups – Pull Up Tech Work

Ie. Jumping Pull-Ups, Slow Eccentrics etc.

or

If No Ring Dips – Dip Tech Work

Ie. Box Dips, Elevated Push ups etc.

Wednesday – Lower Body Max effort

Pre-Training - 4 Rounds

3 Seated Box Jump onto High Box or Blocks

5 Barbell Hip Thrusts (Add Weight Each Round)

Strength - Overhead Squat 1RM (3 Second Pause)

Technique

Snatch From High Blocks 1RM

Gainz - 5 Rounds:

20 Weighted Step Ups

20 Hollow Rocks

Extra Gainz

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back

Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre Training

7 Evil Wheels

3 Wide Grip Push Ups

2 Evil Wheels

3 Push Ups

4 Evil Wheels

3 Plyo Wide Grip Push Ups

6 Evil Wheels

3 Plyo Push Ups

1 Evil Wheel

3 Tricep Push Ups

3 Evil Wheels

5 Evil Wheels

3 Plyo Tricep Push Ups

Technique - Power Clean & Jerk from High Blocks 1RM

Strength - Close Grip Bench Press 1RM

GAINZ 1 - 2 Rounds:

20 Bench Dips

30 Single DB Tricep Ext.

Finisher:

Up the rack in 10 Reps at each DB Bicep Curls

Then Down the Rack Drop set DB Bicep Curls

Friday – Strongman Friday

Farmers Carry 15m Max Weight

Then max Farmers Carry Deads in 1minute at that weight

Axle Bar Clean and Jerk 1RM

Zercher Squat 1RM

Saturday – Max Out

Technique

Snatch 1RM

Clean + Max Front Squats at Snatch 1RM

Jerk Recovery 1RM

WEEK 5

Monday – Lower Body Speed Day

Pre-Training - 3 Rounds:

6 Wide Stance Good Mornings (Around 27% of Back Squat)
20 Banded KB Swings

Technique Work

3 Position Snatch up to 75%

Snatch (75%x2)x8

Clean Pull 3x3 90%

Speed Work - 9 Minute EMOM's

Wide Stance Box Squat (78%x2)x9 -25% Band Tension

Pause off break Deadlift (78%x2)x9 -25% Band Tension

Core – 50 Dead Bugs

Then 50 Flutter Kicks

Extras

Leg Accessory – Avoid Upper Body and Low Back Work
Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

10 KB Upright Row
10 Lateral Plate Raises

Technique - Clean (75%x2)x8

Speed Work - 6 Minute EMOM's

2 Second Pause Bench Press (78%x3)x6 -25% Band Tension

Strength - 6 Rounds

2 Push Press @ 75%
3 Slow Eccentric Muscle Ups or Dips (must be able to go up first to come down)

Gainz

3x10 Torsonator Single Arm Rows

3x20 Torsonator Rotations

3x10 Torsonator Single Arm Presses

Wednesday – Lower Body Max effort

Pre Training - 3 Rounds

2 Seated Broad Jumps
20 Clams
10 Monster Knee Push Outs

Technique

Snatch From Blocks 3RM

Clean From Blocks 3RM

Strength - Back Squat 5RM

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back

Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

OH Left Arm DB Walk
5 Ring Rows (Pause at top 3 Seconds)
OH Right Arm DB Walk
5 Ring Rows (Pause at top 3 Seconds)

Technique - Pause in dip 2 seconds Jerk 1RM then 80%x3

Strength - Strict Press 5RM

Gainz - 3 Rounds:

15 DB Power Cleans (Heavier Each Round)
Max Strict Muscle Ups or Strict Pull-Ups / Banded Strict Pull Up

Extras:

Upper Body Extras - Avoid Lower Body
Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

Pre-Training

30m – High Knees
30m – Butt Kicks
30m – Kareoka

Slow Suicide Sprint Run

Then

2 Attempts at Suicide Sprint for Time

Strength - 5RM Banded Sumo Deadlift

GPP

10 – 5 – 3

Ball to Shoulder 65/45kg

15m Farmers carry (180/130kg) – Long Handles

Backwards Sled Drag for Weight 15m

Saturday – Lower Body Repetition

Strength - Bottom to Top OHS (From Blocks or Racks) *Can scale to regular OHS

Technique

3 Position Snatch

Clean + Power Jerk + Split Jerk

Strength - Back Squat 4x5@90% of Wednesday's Effort

WEEK 6

Monday – Lower Body Speed Day

Pre-Training - 4 Rounds:

6 Wide Stance Good Mornings (Around 30% of Back Squat)
15 Banded KB Swings

Speed Work - 8 Minute EMOM's

Wide Stance Box Squat (83%x2)x7 -25% Band Tension
Pause at knee Deadlift (83%x2)x7 -25% Band Tension

Strength

3 Position Snatch up to 80%
Snatch (80%x2)x7
Clean Pull 3x3 95% -40% Band Tension

Core – 21 – 15 – 9 – 15 – 21 : Pike Pumps & Supermans

Extras

Leg Accessory – Avoid Upper Body and Low Back Work
Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

10 KB Upright Row
10 Lateral Plate Raises

Speed Work - 6 Minute EMOM's

2 second Pause Bench Press (83%x3)x6 -25% Band Tension

Technique - Clean (80%x2)x7

Strength - 5 Rounds

2 Push Press @ 80%
2 Slow Eccentric Muscle Ups or Dips (must be able to go up first to come down)

Gainz

Then 3x10 Torsonator Single Arm Rows
3x20 Torsonator Rotations
3x10 Torsonator Single Arm Presses

Wednesday – Lower Body Max Effort

Pre-Training - 3 Rounds

2 Seated Broad Jumps (over hurdles)
20 Clams
10 Monster Knee Push Outs

Strength - Back Squat 5RM

Technique

Snatch From Blocks 3RM
Clean From Blocks 3RM

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back
Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

- OH Left Arm DB Walk
- 5 Ring Rows (Pause at top 3 Seconds)
- OH Right Arm DB Walk
- 5 Ring Rows (Pause at top 3 Seconds)

Technique - Pause in dip 2 seconds Jerk 1RM then (80%x3)x2

Strength - Strict Press 5RM then 90%x5

GPP - 3 Rounds:

- 10 DB Power Snatch (Heavier Each Round)
- Max Strict Chest to Bar Pull-Ups or Band Weighted Ring Rows

Upper Body Extras - Avoid Lower Body

Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

3 Attempts at a 15m Sled Sprint @85% of Body Weight (Roughly)

3RM Banded Sumo Deadlift

1RM Log Bench Press

Strength Ladder – For Time

5 Reps – Log Bench Press (85% of 1RM)

3 Reps – Ball Over Shoulder 55/75Kg

1 Reps – Axle Bar Clean 60/90kg

Saturday – Lower Body Repetition

Strength - Bottom to Top OHS (From Blocks or Racks) *Can scale to regular OHS

Technique

3 Position Snatch

Clean + Power Jerk + Split Jerk

Strength - Back Squat 5x5@90% of Wednesday's Effort



WEEK 7

Monday – Lower Body Speed Day

Pre-Training - 4 Rounds:

6 Wide Stance Good Mornings (Around 33% of Back Squat)
15 Banded KB Swings

Speed Work - 8 Minute EMOM's

Wide Stance Box Squat (88%x2)x7 -25% Band Tension
Deadlift (88%x2)x7 -25% Band Tension

Technique

3 Position Snatch up to 85%
Snatch (85%x2)x6
Clean Pull 3x3 100% -40% Band Tension

Core

30 Second Right Side Plank
20 V- Snaps
30 Second Left Side Plank
20 Heel Taps

Extras

Leg Accessory – Avoid Upper Body and Low Back Work
Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

10 KB Upright Row
10 Lateral Plate Raises

Speed Work - 6 Minute EMOM's

1 Second Pause Bench Press (88%x3)x6 -25% Band Tension

Technique - Clean (85%x2)x6

Strength - 5 Rounds

2 Push Press @ 85%
2 Eccentric Dips (must be able to go up first to come down)

Gainz

Then 3x10 Torsonator Single Arm Rows
3x20 Torsonator Rotations
3x10 Torsonator Single Arm Presses

Wednesday – Lower Body Max effort

Pre-Training - 3 Rounds

2 Seated Broad Jumps (over hurdles)
20 Clams
10 Monster Knee Push Outs

Strength - Back Squat 3RM

Technique

Snatch From Blocks 2RM
Clean From Blocks 2RM

Lower Body Extras - Avoid Upper Body: Glutes, Quads, Calves, Low Back
Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

- OH Left Arm DB Walk
- 5 Ring Rows (Pause at top 3 Seconds)
- OH Right Arm DB Walk
- 5 Ring Rows (Pause at top 3 Seconds)

Technique - Jerk 1RM

Strength - Strict Press 3RM

GPP - 30 Deadball Over Shoulder for time

Upper Body Extras - Avoid Lower Body

Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

Warm Up to Last Weeks 3RM Banded Sumo Deadlift in singles

Continue until you have a Submaximal Banded 1RM Sumo Deadlift

Ie. Don't Kill Yourself

Then Drop Bands and go for 1RM Sumo Deadlift

Seated Rope Sled Pull for time

Saturday – MAX Effort

Technique

Snatch 1RM

Clean 1RM

Strength - Back Squat 3x3@90% of Wednesday's Effort

WEEK 8

Monday – Lower Body Speed Day

Pre-Training - 4 Rounds:

- 6 Wide Stance Good Mornings (Around 30% of Back Squat)
- 10 Banded KB Swings

Speed Work - 9 Minute EMOM's

Wide Stance Box Squat (73%x2)x9 No Bands

Deadlift (73%x2)x9 -25% No Bands

Technique

3 Position Snatch up to 70%

Snatch (70%x2)x5

Clean Pull 3x3 80%

Plank Test – Max Plank

Extras

Leg Accessory – Avoid Upper Body and Low Back Work

Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 10 KB Upright Row
- 10 Lateral Plate Raises

Speed Work - 6 Minute EMOM's

Bench Press (73%x3)x6 No Bands

Technique - Clean (70%x2)x6

Strength

Push Press (70%x2)x6

Pendlay Row 1RM

Wednesday – Lower Body Max effort

Pre-Training - 3 Rounds

- 2 Seated Broad Jumps (over hurdles)
- 20 Clams
- 10 Monster Knee Push Outs

Strength - Bottom Up Back Squat 1RM

Technique

Hang Snatch 1RM

Hang Clean 1RM

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back

Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

- OH Left Arm DB Walk
- 5 Ring Rows (Pause at top 3 Seconds)
- OH Right Arm DB Walk
- 5 Ring Rows (Pause at top 3 Seconds)

Technique - Jerk 3x3@80%

Strength - Strict Press 1RM

Upper Body Extras - Avoid Lower Body *Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

Front Raise Max Hold with Plate

Lateral Raise Max Hold With Plate

Farmers Carry 15m Max Weight

3 Rounds:

Heavy Wheel Barrow

Sled Drag up & Sled Pull Back

Heavy Wheel Barrow

Saturday – Lower Body Repetition

Technique

Split Snatch 1RM

Power Clean 1RM

Strength - Front Squat 3x3@85% of best

WEEK 9

Monday – Lower Body Speed Day

Pre-Training - 4 Rounds:

- 10 Banded Leg Curls
- 2 Laps Walking Lunge

Speed Work

Wide Stance Box Squat (95%x2)x3 -40% Band Tension
Sumo Deadlift (90%x2)x3 -40% Band Tension

Technique

Muscle Snatch + Power Snatch + Ride down Warm Up
Snatch (80%x1)x8

Gainz - 8RM RDL then -10% for 2x8

Core - Chinese Planks 3 sets of max holds each direction

Extras

Leg Accessory – Avoid Upper Body and Low Back Work
Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 10 Plate Front Raises
- 10 Overhead DB Tricep Ext.
- 10 Seated Row

Technique - Clean & Jerk (80%x1)x8

Speed Work

Push Press (80%x1)x8
Bench Press (90%x1)x4 – No Bands

Gainz - DB Row 3x10

Wednesday – Lower Body Max effort

Pre-Training - 4 Rounds

- 3 Ball at Chest Box Jump
- 10 Band Around Knees Weighted Hip Thrusts

Strength - Bottom Up Front Squat 1RM

Technique

Snatch from Low Blocks (75%x2)x6
Clean from Low Blocks (75%x2)x6

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back
Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre- Training - 3 Rounds:

- 20 Band Pull Aparts
- 20 Empty Barbell Rows

Strength - Strict Press 5RM

Technique - Then keep building up to a 2RM Jerk

Upper Body Extras - Avoid Lower Body *Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

Need 2 Bars Set-Up (Conventional)

Deadlift 75% Pull to pin at mid shin for 3 reps of 5 Seconds

Deadlift 80%x3 Reps (focusing on acceleration)

Deadlift 80% Pull to pin at mid shin for 3 reps of 5 Seconds

Deadlift 85%x3 Reps (focusing on acceleration)

Deadlift 85% Pull to pin at mid shin for 3 reps of 3 Seconds

Deadlift (90%x1)x2 (focusing on acceleration)

*Take turns and adjust weights accordingly

Saturday – Lower Body Repetition

Technique

Muscle Snatch + Power Snatch + Ride Down Warm up

Snatch 2RM

2 Cleans + 1 Jerk

Strength

Front Squat 3RM (first rep paused 3 seconds)

then (85%x3)x2 (no pause)

WEEK 10

Monday – Lower Body Speed Day

Pre-Training - 4 Rounds:

10 Banded Leg Curls

3 Laps Walking Lunge

Speed Strength

Wide Stance Box Squat (95%x2) -40% Band Tension

Then (100%x2)x2 -40% Band Tension

Sumo Deadlift (95%x2)x2 -40% Band Tension

Technique

Muscle Snatch + Power Snatch + Ride down Warm Up

Snatch (85%x1)x6

Strength

8RM RDL then -10% for 2x8

3x Single Side Front Rack KB Hold 15m (each side)

Extras

Leg Accessory – Avoid Upper Body and Low Back Work : Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-training - 3 Rounds:

10 Plate Front Raises

10 Overhead DB Tricep Ext.

10 Seated Row

Technique - Clean & Jerk (85%x1)x6

Speed Strength

Push Press (85%x1)x6

Bench Press (95%x1)x2 – No Bands

Gainz - DB Row 3x8

Wednesday – Lower Body Max effort

Pre-Training - 4 Rounds

3 Ball at Chest Box Jump

10 Band Around Knees Weighted Hip Thrusts

Strength - Bottom Up Front Squat 1RM

Technique

Snatch from Low Blocks (80%x2)x6

Clean from Low Blocks (80%x2)x6

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back

Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

20 Band Pull Aparts

20 Empty Barbell Rows

Strength - Strict Press 3RM

Technique - Then keep building up to a 1RM Jerk

Upper Body Extras - Avoid Lower Body

Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

Need 2 Bars Set-Up (Conventional)

Deadlift 78% Pull to pin at mid shin for 3 reps of 5 Seconds

Deadlift 83%x3 Reps (focusing on acceleration)

Deadlift 83% Pull to pin at mid shin for 3 reps of 5 Seconds

Deadlift 88%x3 Reps (focusing on acceleration)

Deadlift 88% Pull to pin at mid shin for 3 reps of 3 Seconds

Deadlift (93%x1)x2 (focusing on acceleration)

*Take turns and adjust weights accordingly

Buy in: 20 Axle Bar Push Press 40/70kg

Straight into:

Prowler Push 15m

Ball in Stomach Sprint 15m

Farmers Carry 15m 80/170kg

Saturday – Lower Body Repetition

Technique

Muscle Snatch + Power Snatch + Ride Down Warm up

Competition Style Snatch 3 Attempts to Max

Competition Style Clean & Jerk 3 Attempts to Max

Strength

Front Squat 3RM (first rep paused 1 second)

then (85%x3)x2 (no pause)

WEEK 11

Monday – Lower Body Speed Day

Pre-Training - 4 Rounds:

- 10 Banded Leg Curls
- 4 Laps Walking Lunge

Speed Strength

Wide Stance Box Squat (95%x2) -40% Band Tension
Then (100%x1)x2

Sumo Deadlift (98%x1)x2 -40% Band Tension

Technique

Muscle Snatch + Power Snatch + Ride down Warm Up
Snatch (90%x1)x4

Gainz - 3x8 Single Side Deadlift

Extras

Leg Accessory – Avoid Upper Body and Low Back Work
Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

- 10 Plate Front Raises
- 10 Overhead DB Tricep Ext.
- 10 Seated Row

Technique - Clean & Jerk (90%x1)x4-5

Strength - Competition Bench Press 1RM

Gainz - DB Row 3x5

Wednesday – Lower Body Max effort

Pre-training - 4 Rounds

- 3 Ball at Chest Box Jump
- 10 Band Around Knees Weighted Hip Thrusts

Strength - 5 Second Pause Back Squat 1RM

Technique

Snatch from Low Blocks (85%x2)x5

Clean from Low Blocks (85%x2)x5

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back

Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Upper Body Max Effort

Pre-Training - 3 Rounds:

- 20 Band Pull Aparts
- 20 Empty Barbell Rows

Strength - Strict Press 1RM

Technique - Then keep building up to a 1RM Jerk

Upper Body Extras - Avoid Lower Body

Upper Back, Chest, Arms, Shoulders

Friday – Strongman Friday

Need 2 Bars Set-Up (Conventional)

Deadlift 80% Pull to pin at mid shin for 3 reps of 5 Seconds

Deadlift 85%x3 Reps (focusing on acceleration)

Deadlift 85% Pull to pin at mid shin for 3 reps of 5 Seconds

Deadlift 90%x3 Reps (focusing on acceleration)

Deadlift 88% Pull to pin at mid shin for 3 reps of 3 Seconds

Deadlift 95%x1 (focusing on acceleration)

*Take turns and adjust weights accordingly

Farmers Handle Max Hold @ your 1RM Deadlift weight

Max Weight Prowler Push

Saturday – Lower Body Repetition

Technique

Muscle Snatch + Power Snatch + Ride Down Warm up

Competition Style Snatch 3 Attempts to Max

Competition Style Clean & Jerk 3 Attempts to Max

Strength

Front Squat 3RM (no pause)

then (85%x3)x2

WEEK 12

Monday – Lower Body Speed Day

Pre-Training - 3x10 DB Leg Curls (Laying on front)

Technique

Snatch Panda Pull + Snatch up to 80%

Snatch (80%x1)x6

Speed Work - 6 minute EMOM

Wide Stance Box Squat (78%x2)x6 (No Bands)

Extras

Leg Accessory – Avoid Upper Body and Low Back Work

Glutes, Quads, Calves

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

10 Lateral Raises

8 DB Triceps Ext.

10 Barbell row

Technique - Clean & Jerk (80%x1)x6

Strength - Push Press (80%x1)x6

Wednesday – Lower Body Max effort

Pre-Training - Banded Pull Throughs 3x10

Strength - Front Squat 1RM

Technique

Power snatch 1RM

Power Clean + Push Jerk 1RM

Lower Body Extras - Avoid Upper Body

Glutes, Quads, Calves, Low Back

Think things like GHR's, Reverse Hypers, Back Ext. etc.

Thursday – Rest Day

Friday – Strongman Friday

Pre-Training

KB Sumo Deadlift High Pulls 3x10

Strength

Deadlift 1RM (Don't Kill yourself)

Ball Race Take 5 Balls from one side of gym to the other. Repeat twice.

Max Sled Drags in 1 minute. @60% of body weight

Saturday – Lower Body Repetition

Technique

Muscle Snatch + Power Snatch + Ride Down Warm up

Competition Style Snatch 3 Attempts to Max

Competition Style Clean & Jerk 3 Attempts to Max

Strength - Back Squat 90% of 5RM for 3x5

WEEK 13

Monday – Lower Body Speed Day

Pre-Training - 3x10 DB Leg Curls (Laying on front)

Technique

Work up to snatch opener for 2x1 (like 85-90%)

Strength - Wide Stance Box Squat (70%x2)x6 (No Bands)

Tuesday – Upper Body Speed Day

Pre-Training - 3 Rounds:

10 Lateral Raises

8 DB Triceps Ext.

10 Barbell row

Technique - Clean & Jerk Work up to opener for 2x1 (like 85-90%)

Wednesday – Lower Body Max effort

Pre-Training - Banded Pull Throughs 3x10

Strength - Front Squat 90%x1, 70%x3

Technique

Power Snatch 90%x1, 70%x3

Power Clean + Push Jerk 90%x1, 70%x3

Thursday – Rest Day

Friday – Strongman Friday

Technique

Snatch (75%x2)x2

Clean & Jerk (75%x2)x2

Saturday – Comp Day

Technique

Snatch MAX

Clean & Jerk Max



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